

November 2003 Weightline News Articles

[Foot Soldiers in Push for Walkable Seattle](#) (*Seattle Post-Intelligencer*)

[Plymouth Township Aims For Walkable Community-Sidewalk Effort Keeps Residents Connected, Fit](#) (*Detroit News*)

[Eating Right: More Activity, Less Risk of Colds](#) (*Washington Post*)

[Students Get To Exercise Math, Physical Skills While Helping Plan Playground](#) (*The Star*)

[What Ever Happened to Walking to School?](#) (*Chicago Tribune*)

[Fit Older Women More Independent](#) (*MSNBC News*)

[Good Diet, Exercise Aid Brain](#) (*Detroit Free Press*)

[Exercise, Dance and All That Jazz](#) (*The Topeka Capital-Journal*)

[Eat Less, Move More](#) (*Detroit Free Press*)

[A Winning Recipe For Curbing Obesity](#) (*Chicago Sun Times*)

[At the Top of Their Game](#) (*The Wichita Eagle*)

[Recumbent Bicycle, Comfortable And Back-Friendly, Gains In Popularity](#) (*The Baltimore Sun*)

[Holiday Foods Don't Have to Go to Waist](#) (*The Baltimore Sun*)

[Bikes Are Flying Off the Racks, Not Down the Streets](#) (*Washington Post*)

[Dist. 160 Girls Becoming Heart Smart - Program Targets Nutrition, Exercise, Making Healthful Choices](#) (*Daily Southtown*)

['Look Mom, My Pants Fit'-Saving Kids By Attacking Weight Problems](#) (*The Tallahassee Democrat*)

[Reading, Writing, Recess-Is Jump-Rope The Answer To The Obesity Epidemic?](#) (*Newsweek*)

[New Survey Finds Companies That Employ Full-Time Certified Athletic Trainers Greatly Reduce Health Care Costs](#) (*www.nata.org*)

[Healing Movement -- Exercise Can Stave Off The Effects Of Chronic Disease](#) (*The Star-Ledger*)

[The Moving Crew -Ideas for Making Exercise Fit](#) (*The Washington Post*)

[Green Light For Safe-Streets Plan](#) (*Palo Alto Weekly*)

[Exercise Option to Work Out at Home](#) (*Chicago Sun Times*)

[Official: Fat Epidemic Will Cut Life Expectancy](#) (*The Observer*)

[Teaching Kids Healthy Habits](#) (*Knight Ridder Newspapers*)

[New National Program Tackles Physical Inactivity With Community Design Solutions](#)

([www.activelivingbydesign.org](http://www.activelivingbydesign.org))

[Dieters' taboo foods not so bad, ads claim](#) (*USA Today*)

[New fat substitute on the table](#) (*USA Today*)

[Lean plate club: Waisting away briskly](#) (*Washington Post*)

[Weight control doesn't have to be a battle](#) (*ABC News*)

[How to clean the junk food out of your kitchen](#) (*KHQA*)

[Major food chains offer new, improved healthier options](#) (*Fort Wayne*)

[Ephedra diet pill may raise heart risk](#) (*Fort Wayne*)

[An ounce of prevention](#) (*Star Telegram*)

[Best to eat without rules](#) (*MSNBC*)

[Four popular diets get thumbs up](#) (*MSNBC*)

[Body flex charged with false claims](#) (*MSNBC*)

[Diet detective: Finding a good personal trainer](#) (*Newzcentral*)

[Low carb craze](#) (*The Sun Link*)

[Dining solo: Party of one](#) (*Review Journal*)

[Local dietitians weigh in on Dr. Phil as a new role as diet guru](#) (*Seattle Times*)

[College, a weighty issue](#) (*Wisconsin Rapids Daily Tribune*)

[Junk food super-sizing Europeans](#) (*USA Today*)

[From morbid obesity to "WOW"](#) (*MSNBC*)

[Feeding your feelings](#) (*MSNBC*)

[Living in a fat world](#) (*Fredricksburg Free Lance-Star*)

[Get the skinny on dieting myths](#) (*Red and Black*)

[How to navigate that holiday buffet](#) (*USA Today*)

[Weight management](#) (*USA Today*)

[Creating healthy habits](#) (*The Reporter Online*)

[Step up your family's fitness for the holidays](#) (*Yahoo*)

[Outwitting holiday weight woes](#) (*CNN*)

[Trim the Thanksgiving trimmings](#) (*TC Palm*)

[Reduce holiday stuffing](#) (*Washington Times*)